

AUGUST  
1926

# RA UNITY L Y W O R D

Read  
“Loyalty to  
Principle”

Also a little  
sermon for  
each day

10 cents

## LORD OF THE MOUNTAIN

(A Prayer of the Navajos)

Reared within the Mountain,  
Young man, Chieftain,  
Hear a young man's prayer!  
Hear a prayer for cleanliness.

Keeper of the strong rain,  
Drumming on the mountain;  
Lord of the small rain  
That restores the earth in newness;  
Keeper of the clean rain,  
Hear a prayer for wholeness.

Young man, Chieftain,  
Hear a prayer for fleetness:  
Keeper of the deer's way,  
Reared among the eagles,  
Clear my feet of slothness.  
Keeper of the paths of men,  
Hear a prayer for straightness,  
Hear a prayer for courage,  
Lord of the thin peaks  
Reared among the thunders;  
Keeper of the headlands,  
Holding up the harvest,  
Keeper of the strong rocks,  
Hear a prayer for staunchness.

Young man, Chieftain,  
Spirit of the Mountain.

—Selected.







# UNITY DAILY WORD

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F. B. WHITNEY, *Editor*

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## THE DOINGS OF THY SOUL

Think not the beautiful doings of thy soul  
Shall perish unremembered. They abide  
With thee forever, and alone the good  
Thou doest nobly, Truth and Love approve,  
Each pure and gentler deed of mercy brings  
An honest recompense, and from it looms  
That sovereign knowledge of thy duty  
done—

A joy beyond all dignities of earth.

—*Herman Miller.*

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## THEN GOD SPEAKS

When I ask, "Oh, where is God?"  
And I look to sky or clod,  
Something in me makes reply,  
"Here am I, oh, here am I."

When I search about for peace  
And I seek for pain's surcease  
Something in me makes reply,  
"Here am I, oh, here am I."

When things seem to tire, to cloy,  
And I hunt about for joy,  
Something in me makes reply,  
"Here am I, oh, here am I."

When I look without for wealth  
And I look away for health,  
Something in me makes reply,  
"Here am I, oh, here am I."

## LOYALTY TO PRINCIPLE



THE STUDY of practical Christianity and metaphysical truths places in our hands the law and principle of living the more abundant life. We have this principle in hand because we have an understanding of its operation and we can apply it, at will, to any and all of our problems.

The practical Christian is one who applies Christian principles in order to better conditions of mind, body, and affairs. Jesus was engaged in teaching Christian principles. Many seem to think of Jesus as performing, in some way or other, some magical rites which relieved man from the work of overcoming. On the contrary, Jesus placed man upon his own responsibility. What Jesus did was to teach man how to live. He taught him the principle upon which life, happiness, and health are founded.

The metaphysician thinks of God as principle—the principle of life, love, peace, strength, faith, judgment, wisdom. Jesus referred to this principle within his consciousness as the Father within. In all his thoughts, words, and deeds, Jesus sought to be loyal and faithful to principle.

This matter of educating oneself to a knowledge of principle draws one away from the belief that there are other principles or powers. Understanding of the principle of good and righteousness is developed to the point wherein one sees that hate, fear, disease, and adversity have no real principle or law back of them.

We once heard a Truth student referred to in this

way: "He is always studying Truth. It's Truth all the time. He measures everything up to this Truth he studies." This is very easily understood by those of us who have studied Truth. We begin to see all things as either in line with principle or as against it. That which lines up, we make part of us; that which opposes, we drop from consciousness.

The writer was in a midwestern city a number of years ago, attending a metaphysical convention. A number of students asked for personal interviews—many of them teachers who were considered very successful. In the majority of these interviews, the seeker was looking for mental peace and freedom from personal consciousness. One thing was surprising: that is, the extent to which each one would go in describing the working of evil and giving it awful power.

Any attempt to divert the narrator from his purpose seemed futile. The only way open seemed to be that of letting each one talk until he emptied his consciousness of what he had to say. It was quite noticeable, however, that each one would usually end with such a statement as this: "Well, we know that there is no truth in it, don't we?"

We are inclined to doubt whether one really knows that there is no truth in evil if he can make such a vivid portrayal of evil. How can one conjure up a picture of hate, malice, anger, and fear if he is but building it to show its nothingness? How could a mathematician believe the errors of a problem were right if at the same time he understood the principle which proved that these figures were wrong?

How could a musician make something of discords if, at the same time, he recognized that they were not in keeping with the principle of harmony?

If you are a Truth student and want to be loyal to the principle of Christ, how can you give yourself to seeing and talking about something which you say you know is not true to principle? If the principle of God proves to you that disease has no principle, no power or existence in absolute truth, how can you mention disease in vivid language?

Disease is primarily mental, since it is sustained by beliefs—beliefs that disease is something. The Christian healer is often classified with mental healers because he, too, has his part in relieving the mentality of the one to whom he ministers. Jesus, like all teachers, was engaged in bringing about changes in the mind, changes from adverse beliefs to those founded upon principle.

If one removes the disease thought from consciousness can he hold up this thought before people as something? Do we ever think of a hallucination as something? The Christian healer's business is not to dwell upon the somethingness of disease but upon the reality of health. One loyal to the Christ principle must behold it as all-in-all.

One of the first things to go must be curiosity, the tendency to be curious as to the trend of events in disease, in scandal. If we hear that some one is ill, our business should not be to ask how long he has been ill, where he contracted the disease, who his doctor is, and whether his relatives have been notified. Our part is to help him wipe the offending

belief from consciousness. We are to be so loyal to the principle of truth and health that we shall inspire him to rise out of disease into the same consciousness.

Most healers do not discuss disease and the affairs of their patients with even their most intimate associates. This is not entirely because of the sanctity of the confidence in which such information is held. It is because of the fact that the healers know that if they think and discuss disease they weaken their consciousness of principle. Their healing work depends upon their loyalty to Truth. Some healers have developed this consciousness to such an extent that those who come into their presence or into their homes feel its power.

Jesus had such a consciousness of the healing power that it extended to the very hem of his garments. There radiated such a healing power from him that those who came into his presence gave up their consciousness of disease to accept his consciousness of health. His consciousness of health was, at times, overwhelming. To one in such a consciousness, could disease be anything? Could such a consciousness be developed if one gave his thought to disease?

When going to a healer for treatments, one should at least give him some idea of the beliefs which are holding one in bondage. Some healers, however, do not seem to require much of this. The ideal healer is the one who has such a consciousness of man's being the very image and likeness of God that he keeps this healing image in mind at all times.

One thing which keeps many a person from mak-

ing his demonstrations is his little "pet sin." This is usually some little digression from principle which he thinks he can hug to himself and take into the kingdom of heaven unnoticed. A well-known teacher once expressed herself as believing that virtually every one had his "pet sin." This may be a dislike for some person, a secret grudge, resistance to one's environment, some practice of dishonesty, or any of the myriad little indulgences which do not measure up to Truth.

When one keeps his "pet sin" he finds himself in a strange consciousness. Truth has shown him that he must give it up, yet he makes some excuse to himself and holds to it. This duality of mind but increases the overcoming work that he has to do.

And so we could continue this work of searching out the little excuses one makes for himself for falling short of what he says that he knows is Truth. We have sought to show the fallacy of holding up the illusion as the real. Let us take a new hold upon ourselves and guard our thoughts and our acts just as if the principle to which we would conform were something which could know and see our every thought and deed.

We need never be afraid that we shall take too high a stand. The less we claim for the things of the flesh, the more we claim for God. The more we claim for the Christ within us, the more power have we to transform our whole being into the Christ.

Let us keep true to principle, true to the vision of Christ, true to the image and likeness of God implanted within us from the very beginning. Our

success depends upon such faithfulness and loyalty.

Our ability to demonstrate health depends upon our ability to hold steadfastly to the principle which Jesus used in his healing work. If we lose our vision for a while, we should not condemn ourselves but should take a new hold. Each little victory that we win but serves to make us stronger in Truth, stronger in the consciousness of what Christ in us can do through our applying the healing principle of God.

### A METAPHYSICAL FABLE

A cold firebrand and a burning lamp started out one day to see what they could find. The firebrand came back and wrote in its journal that the whole world was dark. It did not find a place, wherever it went, in which there was light. Everywhere was darkness. The lamp, when it came back, wrote in its journal, "Wherever I went it was light." What was the difference? The lamp carried light with it, and when it went abroad it illumined everything about it. The dead firebrand carried no light, and it found none where it went.—*Henry Ward Beecher.*

## SUNDAY, AUGUST 1

*Today's Watchword: I am free from all belief in flesh heredity. From God, my Father, I inherit health and perfection.*

While there are certain racial and family characteristics observed occasionally in the comparison of two persons of the same race or the same family, yet we must admit that so-called laws of heredity pale into insignificance before the great truth that man is created in the image and after the likeness of God, his real Father and Creator.

Children whose parents have had hereditary diseases are held in such close bondage to the belief that they must develop the same weaknesses, that often they show symptoms of those diseases to which their family is supposed to be susceptible.

In the Scriptures there are many admonitions given to man, warning him to break the spell cast over his life by the belief in flesh heredity. We are told to call no man on earth our Father. It is promised that "the son shall not bear the iniquity of the father." When the disciples suggested that a man was blind either because of heredity or because of his own sin, Jesus replied that neither had caused his blindness.

If we keep our minds clear of all the limiting beliefs about flesh heredity, we open the way to let God, our indwelling Father, do his mighty works.

**God is the Father of the real me.—*Unity Calendar (for August).***

## MONDAY, AUGUST 2

*Today's Watchword: The light of truth floods my consciousness and I perceive perfect health as my divine birthright.*

In order to make a metaphysical demonstration of perfect health, we need first to perceive health as our own. We must reach the conviction that health, not disease, is ours in truth. We must become thoroughly convinced that in reality man is not a thing of weakness and disease but that he is perfect and whole.

The light of truth casts out all belief in disease and weakness. The light of truth in consciousness causes every shadow of disease to be dissipated from the body. Truth, then, is the remedy which should be administered to a mind diseased—a mind flooded with beliefs in inharmony, weakness, disease, and death. The mind is primarily the place in which healing must first take place.

When this light floods the consciousness, man perceives what an illusion disease is. He perceives the truth about health, the truth of what man is in reality.

Why do some people delay their salvation from disease? Because they do not reach that conviction which erases the belief in disease from mind and from body. They often try to get the cart before the horse, to get health before they get the healing consciousness.

*Then shall thy light break forth as the morning, and thy healing shall spring forth speedily.—Isa. 58:8.*

## TUESDAY, AUGUST 3

**Today's Watchword: *The mind of God in me is now active and I think divine truths.***

We become conscious of the activity of God mind in us when we turn from mortal and carnal thought. God mind is active when the mind is thinking godly thoughts. Carnal mind is active when the mind is thinking carnal thoughts. The mentality of man is the vehicle for either thoughts of God or thoughts of adversity.

When one is conscious of the activity of God mind he functions in spiritual consciousness; he is spiritually illumined, inspired with the light of God.

The great painter but perceives more of the beauty of God than does his fellow man. The mind of God becomes so active in the artist that he lives in a world of beauty. The great musician but catches more of the harmony of God mind than do his fellows. He lives in a world in which the very music of the spheres is heard.

The Christian metaphysician or healer has trained himself to use the mind of God to behold the perfection of man. He so disciplines his thought that he no longer sees disease as the truth about man. He knows that the divine truth is that man is perfect in Christ.

Divine truths are based upon love, beauty, harmony, life, strength, and perfection.

God-Mind is thinking in you; it is pushing your mind to grasp true ideas and carry them into expression.—*Christian Healing*.

## WEDNESDAY, AUGUST 4

Today's Watchword: *There is nothing in all the world to make me unhappy. I live in the joyful presence of God.*

Things do not make one unhappy. One's reaction to things establishes his happiness or unhappiness.

If one believes that a certain person or thing has power to cause him unhappiness, he needs to erase that belief from consciousness through knowing the truth that no person or thing has power to bind him to undesirable conditions.

That which we deny place in consciousness loses its place. We have power to retain a thought or to dismiss it. No one has power to cause us to think of him against our wishes. No one has power to make us think that we are unhappy because of his actions if we take the right mental stand and know the truth.

Many people allow themselves to become literally bundles of adverse beliefs—beliefs that this or that person can cause them distress and unhappiness. Such a trend of thought but binds one to personal consciousness from which he can escape only through right thinking.

Our right thought helps to establish the presence of joy. Only through right-mindedness can we unify ourselves with joy, with God.

If you repeatedly deny a false or unhappy condition, it not only loses its power to make you unhappy but eventually the condition itself is destroyed by your denial.—*Lessons in Truth.*

## THURSDAY, AUGUST 5

*Today's Watchword: As the son of God, I am like my father—wise, loving, strong, and perfect.*

If one were just as busy in thinking himself to be like God as he is oftentimes in thinking himself to be unlike Him, one would soon find that his thought Godward was causing Godlike qualities to appear.

Man is the son of God and, in the ideal, he is like God in every respect. Only man's negative beliefs have caused him to appear ungodlike—ignorant, hateful, weak, and imperfect.

Just as the term "son of perdition" refers to one who has permitted satanic thoughts to master him, so can we think of the "son of God" as one who becomes master through allowing godlike thoughts to possess him.

Many who reach the consciousness of being sons of God hesitate to take a higher step. It has not appeared to them what they will be when, as sons of God, they behold the Father in his entirety. Many seem to feel that when they rise out of divine sonship into the higher consciousness they will rob the Father of some of his glory. Such could not be the case.

The whole universe awaits the appearing of the sons of God. At present, they are shrouded by mists of ignorance, superstition, and fear. When the light of truth appears the mists will clear away.

**The earnest expectation of the creation waiteth for the revealing of the sons of God.—Rom. 8: 19.**

## FRIDAY, AUGUST 6

Today's Watchword: *The light of Christ wipes from my consciousness all belief in ignorance, disease, and adversity and I am wise, healthy, and joyful.*

The light of Christ dissipates the darkness of mortal thought. Truth always shows the nothingness of falsehood. The truth about man's divine birth-right, health, shows the falsity of the belief that man in reality can be limited by disease.

When we gain consciousness of the truth that man is perfect we find that it eradicates all opposing beliefs. Our change of belief has caused a change of heart, a change in our convictions.

When the light of truth dawns upon one's consciousness he feels that its brilliancy has caused every shadow to flee. Every adverse belief which has darkened his mentality must go, before the powerful rays of the Christ truth.

The Christian metaphysician confronted by a patient bound by adverse beliefs sets about to establish the Christ truth in that one's consciousness. He knows that when the adverse belief is removed from consciousness there will be no diseases outpictured on the body. He knows that when the Christ truth is established in consciousness it will express in the body as perfect health. This is the truth of Jesus Christ which sets man free.

Light is manifested to destroy the darkness by filling it full.—*Miscellaneous Writings.*

## SATURDAY, AUGUST 7

*Today's Watchword: I am free from all tendency to condemn self. I have faith in my innate ability to do all things wisely and well.*

Before one acts he should weigh the matter and then make his move conform to his conviction. When he feels led to take a certain step, he should do so. Whatever the outcome he should not condemn himself for what he has done.

Many persons keep themselves in a constant state of turmoil because they condemn themselves for things that they have said or done. The solution to their problems lies in exercising good judgment beforehand. There is nothing gained by chiding oneself for what has already happened. We do not take a higher step by blaming ourselves for what has taken place.

One must have faith in self if he hopes to succeed. That faith must be exercised to the point where he has a supreme conviction that he can accomplish anything he undertakes. In order to do things well, one must know that he is wisely guided in what he does.

One who belittles his efforts finds that he does things in a very small way. He narrows his vision to the extent that he moves in a small world. The larger vision of what he has power to do helps to enlarge his world and his sphere of usefulness. Faith in his efforts helps him to noble deeds.

**Have faith in what you do, and after it is done do not condemn yourself.—*Christian Healing*.**

## SUNDAY, AUGUST 8

*Today's Watchword: The substance of Christ satisfies, nourishes, and sustains me.*

The substance of Christ is the holy manna or spiritual bread which feeds mind, soul, and body. This substance appears under various guises. It is mental food on the mental plane, physical food on the physical plane.

Substance is the reality back of all things which exist in truth. It is that which gives framework or foundation to anything real. Life and love have substance because back of them is God.

Man need never want for substance or for spiritual bread. Manna appeared before the children of Israel when they were sorely in need of it. Later, the truth of Christ appeared as living bread for those who hungered for truth.

We should cast from consciousness all belief in lack, all tendency to think that the substance of God can be hidden from us or be inadequate for any situation. Man's divine birthright entitles him to plenty of substance just as it entitles him to abundant health.

Think of substance as alive. Think of it as so tangible to you that you can mentally contact it and bring it right into manifestation. Know that in the great universal plan there is plenty of substance to meet every demand.

*I am the bread of life: he that cometh to me shall not hunger, and he that believeth on me shall never thirst.—John 6:35.*

## MONDAY, AUGUST 9

Today's Watchword: *Through the unifying power of Christ, I am unified and harmonized with all people.*

Consciousness of the higher truths of life helps one to rise out of limited concepts into the great universal—to rise out of the beliefs which hold him to narrow, circumscribed conditions.

One of the most limiting beliefs which man has is that he should hold himself apart from others. Very often the belief that he is better than others causes him to hold himself aloof from them. Sometimes he has the belief that another has mistreated him and therefore he is unresponsive to that one. All such beliefs are indicative of personal consciousness, from which he cannot make his escape so long as he holds to such limitations.

Consciousness of the truth of Jesus Christ causes us to see the great unity of all people and all things. This consciousness causes us to want to come closer to people instead of wanting to pull farther away from them. There is a beautiful sentiment in the idea of unity. Do we not need each other to help work out problems? Have we not all, at times, felt that the Christ in others has awakened us to the Christ in ourselves?

Help break down all seeming "middle walls of partition," even as Christ, the living Christ, does in reality break down or destroy all real walls of partition.—*Lessons in Truth.*

## TUESDAY, AUGUST 10

*Today's Watchword: I no longer try to live another's life for him. I am willing to stand aside and see him free to express himself according to the dictates of his own indwelling Spirit.*

One tendency of human nature is that of trying to make other people live according to our own concepts of life. Those who try to do this are perhaps the most resistant to the idea of living according to the dictates of others.

We must rest in the consciousness that the one for whom we are anxious has his own life to live. He also has within him One who will guide and direct him aright. At times we may be led to give him a helpful thought or a helping hand but we should do this with no feeling of trying to bring him about to our own personal viewpoints.

We must respect the individuality of human life. There should be no tendency for one to feel that all people should fashion their thoughts and deeds according to his own.

One shows strength of character when he can keep himself under such control that he is willing to give those nearest and dearest to him their God-given right to individual expression.

*He that will redeem, aye, He that has already redeemed your brother, lives within him . . . to bring him to himself just as much as He is working in you and in me.—*Miscellaneous Writings*.*

## WEDNESDAY, AUGUST 11

Today's Watchword: *I have faith in the power of Christ in me to quicken me to bountiful health and strength.*

Our faith must be illumined by truth. We must keep looking to Christ with head erect, eyes open. We must perceive the light of truth flooding us with such power that mind is illumined and body is healed. This is the way of intelligent faith.

Blind faith is superstition. One can have little faith in something which he in no wise understands. The help which he receives through blind faith may be attributed to the state of relaxation and receptivity in which he places himself.

Blind faith does not bring permanent results because there has been little power of spiritual intelligence exercised. After all, it is the light of spiritual truth which frees man. Blind faith in this light means nothing unless that light actually shines in the consciousness.

We need to exercise more and more faith in the light of truth and less faith in blind beliefs. Religion has been developed to such a practical state that we can accept it with eyes open. Truth is so mathematical and so accurate in its outworking that one need have no more blind faith in it than would be required in the application of mathematical principles.

To attempt to be healed through blind belief in some external power or presence is little short of pagan worship.—*Getting the Clear Realization.*

## THURSDAY, AUGUST 12

*Today's Watchword: Through love I am redeemed from all personal animosity. Through love, I am forgiving, tolerant, and kind.*

We show the extent of our friendship for a person when, during the time of his overcoming, we remain true in our love for him, ready to overlook his weaknesses, quick to help him to rise to a consciousness of his divine self.

We prove to ourselves how strong we are in Truth when in the face of personal animosities we can sweep adverse beliefs from consciousness and be forgiving, tolerant, and gentle. If there were but one way by which the practical Christian could be known, it would be by his ability to be true to the high vision of universal love when appearances were quite to the contrary.

Love is a great redeemer. It redeems man from most of the woes of mental and physical discord. The one with a strong love consciousness can even help another to redeem himself from adversity. Love active in that one's consciousness is a consuming fire to hate and fear.

Love is a powerful freeing agent. It frees man from sin and disease.

Walk worthily of the calling wherewith ye were called . . . forbearing one another in love.—*Eph. 4:1, 2.*

## FRIDAY, AUGUST 13

Today's Watchword: *I radiate the light and joy of God at all times and under all circumstances.*

We should take the attitude that it is our duty to radiate happiness and joy at all times. There is no excuse for one to feel that something external must happen to stir up joy within him. Many people are morose most of the time and only when some overwhelmingly humorous situation comes about do they show a smile.

It is natural for man to be happy and joyful. This is true because it is natural for man to know God. The abnormal situation comes about when man is ignorant of God and of his own relation to life.

We should enter into such a consciousness of joy that we cannot resist being joyful. Then our joy will be unassumed, spontaneous; we shall be joyful because we are overflowing with joy.

The circumstances which make some people unhappy would make others fairly shout with joy. We can see that, in many respects, the lack of joy comes through personal consciousness. It comes from one's reacting to situations in an adverse way.

We limit our joy only by our limited concepts of it. Those who take the viewpoint of not seeing anything joyful or worthy of their attention find few things in life to give them joy.

*The sun shines because it is a law of its being to shine, and it cannot help it.—Lessons in Truth.*

## SATURDAY, AUGUST 14

Today's Watchword: *I refuse to be weighed down with worry or care. I cast my burden on the Lord. I am care-free and light-hearted.*

If one is inclined to take burdens upon himself, he shows that he is still in the animal consciousness, still in the belief that man is a beast of burden. He would do well to read Edwin Markham's poem, "The Man with the Hoe." These lines have helped a great number of people to see that they are not slaves of work, creatures of worry, but that they are sublime and divine.

We cast our burdens upon the Lord when we place our affairs in the keeping of divine law. We are satisfied to rest free from care, anxiety, and personal responsibility, knowing that order and justice will be established.

The worrier is not an adjuster. One who worries is not in the consciousness to regulate and adjust conditions. There is no disorderly situation but what can be straightened out through right thinking.

The attitude of being free from worry and care must not be construed as one of nonchalance and of neglect to handle situations which demand attention.

You have no right whatever to take upon yourself any burden . . . if you are bearing one, it is because you do not understand who and what you are and your relation to the great Whole.—*Christian Healing.*

## SUNDAY, AUGUST 15

*Today's Watchword: My God-appointed task is performed easily and well, and I rejoice to do my part in the great universal plan.*

Each one has his own place in God's universal plan for mankind. The task you have before you today is given you to perform. No one else in all the world has this same duty or can do your God-appointed work for you. You are accountable to the Master for the work allotted to you.

Each one should feel how important his work is. Even though it seem insignificant at the time, yet does it have its place. The most trivial task, when unperformed, may show its tremendous importance.

Efficiency and carefulness are emphasized by those who know the value of good service. When one is interested in doing his work to the best of his ability, he usually succeeds in turning out a piece of workmanship which is flawless. His handiwork seems to be an index to his consciousness.

When we view life and our duties from this angle, we approach them with a new interest. Disinterest and carelessness can have no place in our consciousness. We feel a great obligation to the Father and to our fellow man to do all things to the best of our ability.

Let each man prove his own work, and then shall he have his glorying in regard of himself alone, and not of his neighbor.—*Paul (Gal. 6:4).*

## MONDAY, AUGUST 16

*Today's Watchword: I am established in the faith, patience, and poise of Spirit, knowing that all things are adjusted and righted by divine law.*

In order to develop patience, we need to establish ourselves in faith and poise—in faith, believing that all things are working out to our highest good; in poise, secure in the peaceful assurance that this working out does not come through personal anxiety.

The gardener does not pull up his plants to see whether the roots are sprouting. He is content to place them under the law of growth and to let them grow according to this principle. The fertile soil, sunshine, and rain do their part in bringing forth the plant, with its flowers and its fruit.

In the same way, we need to develop patience in handling our affairs. We need to place them under divine law, knowing that all things will be adjusted and righted thereby. The impatient person shows a sense of insecurity. He shows that he is not secure in the outcome of matters at hand. To have the assurance of the law back of all things helps us to be assured of the outcome.

When we know that things will work out in divine order we can calmly relax, biding the time when this order comes into manifestation.

Be patient therefore . . . Behold, the husbandman waiteth for the precious fruit of the earth, being patient over it.—*James 5:7.*

## TUESDAY, AUGUST 17

Today's Watchword: *Through my consciousness of good, I draw good to me from every direction.*

The higher consciousness is magnetic. It draws to itself all good. When this consciousness is operating, good moves toward it just as steel filings are drawn to a magnetic pole. The attracting power of spiritual consciousness is irresistible.

One may be assured that when he enters spiritual consciousness (that mental state in which he is aware of his true relation to God and the universe) he is unified with every possible blessing. This includes peace, perfect health, and abundant supply. No good thing will be withheld from him. To his light are drawn all who have blessings to share with him. He is like the Christ child to whom wise men brought gifts from afar.

"For whosoever hath, to him shall be given." If one has the truth of life, then life, love, and happiness will be added to it. His consciousness will attract to itself all things that are like itself.

The little honey bee goes from flower to flower, taking honey. It overlooks the bitter but appropriates the sweet. The bee gathers to itself honey wherever honey may be found. It is always busy, discovering and appropriating that which to it is the sweetest thing in life.

The higher principle appropriates the good everywhere.—*Christian Healing.*

WEDNESDAY, AUGUST 18

*Today's Watchword: There is no place for falsehood or disease in my consciousness. I am established in the truth and the health of my divine birthright.*

The belief that man is under bondage to disease is erased when he establishes in his consciousness the truth that he is divinely perfect. Many persons are living in such bondage to adverse beliefs that they keep themselves in a state of disease. They actually believe that disease is their portion in life. They think of man as something which is ill one day and well the next, according to the will of some external power.

The truth is that man is created perfect. When man is established in this consciousness, the truth outpictures on his body as perfect health. Giving up the lie for the truth, he gives up disease for health.

God mind is man's standard of truth. When we turn from mortal mind (consciousness of sin, sickness, and death), we become conscious of God mind, the mind of truth. When man thinks the higher truths of life, he functions through spiritual consciousness; he is identified with God mind.

Overcoming is to the practical Christian a matter of reeducating the mind, a coming into possession of his birthright through knowing the truth about life.

*There is only God; all seeming else is a lie.  
Whosoever is suffering today from sickness, poverty, failure—any kind of trouble—is believing the lie.—*Miscellaneous Writings.**

## THURSDAY, AUGUST 19

Today's Watchword: *I do not judge things by what appears on the surface. I judge according to Truth.*

Judging by appearances often causes one to be deceived. Sense perception is by no means a safe guide.

As we view a railroad track, the rails seem to come together in the distance. This appearance is not according to the truth that they are parallel.

Quite often, we are inclined to judge another's acts by what appears to be his motive. Our minds begin to speculate upon what evil he may be working or upon what we think he should be doing. Such human reasoning is often far from Truth.

We must train ourselves to look deeper than the surface, the appearance, and to see the Truth back of all things. This is seeing with true spiritual vision. It gives us the discernment and judgment through which we can judge righteously.

Instead of thinking that one is working from a selfish motive, see him as unselfish; see him not as unloving, but as loving. Help him to gain a higher sense of himself and to exalt himself to his true spiritual manhood.

Those who have not been reborn through knowing the truth of their spiritual manhood believe themselves to be just what they appear to be.

Appearances are directly opposed to the teachings of truth or science.—*Lessons in Truth.*

## FRIDAY, AUGUST 20

Today's Watchword: *Divine love dissolves sickness and restores health in you, in me, in everybody.*

This is the Silent Unity healing word to be used from August 20 to September 20.

Divine love dissolves and dissipates from consciousness every belief which is unloving, fearful, antagonistic, and disease-producing. Such a love breaks up stagnant and hard conditions; it dispels tenseness and unresponsiveness.

Cold-heartedness is removed from consciousness when divine love appears. The tendency to be resistant is broken down. The inclination to shut out love and companionship is changed and in its place appears the disposition to be tender, warm, and loving.

The warmth of divine love equalizes the circulation and relieves stagnations and inflammations; it remedies poor circulation; it relieves feverish conditions.

The health founded upon divine love is founded upon divine principle. Jesus did his mighty healing work through love. He so loved mankind that he just loved them away from disease into health.

When one is restored to health, there is no mysterious process involved.

Who forgiveth all thine iniquities;  
Who healeth all thy diseases.—*Psalms 103:3.*

## SATURDAY, AUGUST 21

Today's Watchword: *Divine love blesses and prospers me.*

Love is itself a blessing. It not only blesses the one who has it but also every one who comes in touch with it. The one who has a consciousness of love, balanced by other spiritual qualities, does not lack for blessings or for prosperity.

In the heart of America there is a great institution built entirely upon love, love of service, love of man for man, love of man for God, love of God for man. It has never wanted for blessings or for prosperity. Divine love has seen it financed and prospered.

If we would bring divine love and its attendant blessings into our affairs, we must first rid our consciousness of all that is unloving, all that believes in limitation and in lack; we must make divine love uppermost in our every thought and act.

A business in which one hopes to see success and prosperity manifested through metaphysical treatment must be dedicated to love and to service. Love must be the keynote at all times.

Hate, fear, and worry are the very antitheses of love. Selfishness, greed, and personal ambition must also give place to love.

With love uppermost in consciousness, we shall be assured of having in our possession that which draws to us blessings in unlimited measure.

That I may cause those that love me to inherit substance.—Prov. 8:21.

## SUNDAY, AUGUST 22

*Today's Watchword: I am loyal to the Principle of Truth, and all that I think, say, and do conforms to it.*

We show our loyalty to Principle by keeping our thoughts, words, and deeds in harmony with it. This loyalty rises out of a consciousness in which one places God above all else and in which he gives himself entirely to knowing and loving God.

We increase our loyalty to Principle by decreasing our belief in its opposite, the so-called law of sin, disease, and death. We cannot, at the same time, worship God and also believe in adversity. If we would think of God as omnipotent we must realize the powerlessness of all that is unlike him.

If we think righteous thoughts, speak words of truth, and perform deeds of love, we move in that consciousness in which no place can be given to evil thoughts, words, and deeds; we so fill our lives with the God of Truth that there can be no other gods before us. When we have any belief that evil in any of its forms has presence or power in our lives, we are disloyal to God. The practical Christian accepts God for what He is: the sole possessor of power, the only being having reality and existence.

Thoughts and words of Truth help us to make unity with God.

*Thou shalt love Jehovah thy God with all thy heart, and with all thy soul, and with all thy might.*  
—Deut. 6:5.

## MONDAY, AUGUST 23

Today's Watchword: *Through Christ within, I am conscious of my ability to accomplish all that I undertake.*

Christ within man is his divinity. When one realizes the truth of the Christ presence he becomes aware of his divine self. He realizes his ability to reach the same Christhood which Jesus attained.

Some men seem to think that it is too much to assume that they are Christians, like Christ. They seem to feel that it is sacrilege to believe the Biblical teaching that Christ is within them. Yet Jesus promised men that they would be able to do even greater things than he did.

Man's salvation comes from his getting the highest concept of his spiritual nature. We do not believe that he can get too high a realization of truth or make too high a claim for his innate spiritual powers.

One who has realized the power of Christ within him is not likely to use this power in the wrong way. He would hardly be expected to use it for destructive purposes. The one who is spiritual does all for the glory of God. When one rises to the consciousness of what he can do through Christ within, he is not magnifying personal power; he is but conscious that Christ is working in and through him, conscious that he, like Jesus, is a channel for God's expression.

It was the Christ within which made Jesus what He was . . . this same Christ lives within us that lived in Jesus.—*Miscellaneous Writings.*

## TUESDAY, AUGUST 24

*Today's Watchword: Through the sustaining power of Christ, I have power to endure through every situation.*

Nothing which comes to man is strong enough to move him if he is established in his Christ dominion and power. Nothing external to him can subjugate him to itself when he is conscious of the might of Christ within him.

Disease has no power over one established in a consciousness that Christ alone has power and dominion. Christ is his life and health at all times. In every so-called attack of disease, he is victor. The consciousness of health endures because it is founded upon invincible principle.

Consciousness of truth gives one the power to stand firm against the onslaught of every evil belief. Truth cannot be affected by evil beliefs, nor can one who has a consciousness of truth.

Truth gives one the power to present a solid front to every adverse belief. There is no avenue through which adverse belief can enter when one is so established.

Many a man is sustained through his day's work because his endurance comes from something besides physical strength. He is sustained by that something which is the very permanence and stability of God.

The Power that creates and sustains the universe includes the creating and the sustaining of man.—*Christian Healing*.

## WEDNESDAY, AUGUST 25

*Today's Watchword: There is no place for any evil beliefs in my consciousness. God alone has being, existence, and reality.*

The matter of good and evil is one which has always engaged the attention of theologians and metaphysicians. The solution has not always been satisfactory because evil is dealt with as a thing, as something. Even those who claim to believe in God's omnipresence are, at times, inclined to believe that evil has being, existence, and reality.

One of the most prevalent evil beliefs is credence in disease. In absolute truth, disease is but an evil belief. It has no being, presence, or reality. It is not an eternal verity of God. How do we prove these statements? We prove that God alone has presence and, by so doing, we cause disease to vanish.

When we prove that three and four make seven, the belief that three and four make eight is dispelled; the error belief about eight has no being, existence or truth when the truth about seven is established. All the schemes and plans of the material world cannot make one believe this error about eight when the truth about seven is understood. To the school boy who does not understand the principle, the statement about eight seems true. Where does the belief about eight go when the truth about seven is understood? In truth, it never had existence.

If God is omnipresent (all presence), and is all good, where is the evil?—*Lessons in Truth.*

## THURSDAY, AUGUST 26

*Today's Watchword: I am open and receptive to all good. God, the good, fills me to overflowing.*

One must have a yearning for God's presence before he can expect it to be manifest in his life. He must make himself an open channel for God's manifestation. He must empty out all his evil thoughts in order to make his consciousness ready for the presence of God. The emptier the consciousness, the larger the receptacle for Spirit.

One should always be receptive to good. He should always be willing to receive. If one wishes to be a generous giver, he must first learn to receive. Many persons refuse the gifts that come to them, little knowing that they are acting contrary to the law of giving and receiving. Many Truth students would increase their ability to give if they would increase their ability to receive.

When one is receptive, God fills him to overflowing. He fills him with life, love, and health; with peace, wisdom, and light. The consciousness which is negative to evil and will give it no abiding place is soon filled to overflowing by the presence of God.

If one wants health he must so yearn for it that there is no place in his consciousness for belief that disease can have any part or place.

**Blessed are they that hunger and thirst after righteousness: for they shall be filled.—Matt. 5:6.**

## FRIDAY, AUGUST 27

*Today's Watchword: There is but one cause, one source, one power operative in my life. God is this cause and good is its effect.*

We must eradicate from mind the belief in many causes and effects. It is very easy for one to believe that a certain effect must come into his life because a certain cause is back of it. How much better it is for us to resolve all causes and effects back to this inquiry: Is God the cause? This will help us to remove from consciousness all belief that any cause but good can operate in our lives.

If we believe that God, the good, alone can cause or produce anything in our lives, then we assure ourselves that only good can come as the result of God's work. Evil and disease cannot be manifest because there will not be any cause to produce them.

When we withdraw the belief that evil can be a cause in our affairs, we take from it all the power that it has—that of our belief in it.

To claim God as the only cause or power which can affect our minds and our bodies is to be assured that only peace and health can come to us.

When the matter of cause is cleared up in consciousness, we need not bother about effects. When the cause is good, only good can result.

All causes that bring about permanent results originate in Spirit.—*Christian Healing*.

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## SATURDAY, AUGUST 28

Today's Watchword: *Awakened to the light of my own indwelling Spirit, I have power to arouse others to carry out their highest ideals.*

What a privilege to be able to inspire others to their possibilities and capabilities! How the world needs those who can arouse others to see how easy it is for them to become what they would become, how simple it is for them to accomplish that which they idealize.

When we undertake this matter of awakening others to their ideals there should be no tendency on our part to try to direct them to our own ideals or our own wishes. The ideal that another has for himself and that which is for his highest good may be far from what we would idealize for him.

In inspiring another we seek to arouse him to the consciousness wherein he can make his ideals real. We help him to see that the ideal which he has of himself can be expressed. We seek to help him to see that he alone by the aid of his indwelling Spirit can work out his destiny.

Let us always be ready to boost, to bless, and to inspire those with high ideals.

No one has any right to coerce another to accept his ideal. Every person has a right to keep his own ideal until he desires to change it.—*Miscellaneous Writings.*

## SUNDAY, AUGUST 29

Today's Watchword: *In all my dealings with others I am considerate, unselfish, and compassionate.*

We know of nothing else which would be as potent for ushering in the kingdom of heaven here and now as would be a universal love consciousness, one in which each person was considerate, unselfish, and compassionate toward all others. This consciousness alone would make for heaven.

It should be a very easy matter for us to take this attitude toward others. What right have we to be otherwise?

In being considerate with others, we have their interests at heart. We are willing to put aside, for a while, our own personal interests and to understand matters from their viewpoint.

In being unselfish, we are willing to be impersonal and to live under the same rule that we would make for others; we are willing to see all things ruled by the higher Self, the Self of God.

In being compassionate, we are no longer heartless in dealing with others. We have a feeling of wanting to protect them from everything which would give them pain. We feel the same tender compassion which our mothers have felt for us and which Jesus felt for those to whom he ministered.

*Thou shalt love thy neighbor as thyself: I am Jehovah.—Lev. 19:18.*

## MONDAY, AUGUST 30

*Today's Watchword: Through my high consciousness of Truth, I rejoice to demonstrate Truth and to apply it to all my affairs.*

See Truth as a philosophy of living and not merely a beautiful teaching. Its worth to mankind is dependent upon its practical side. It must be proved scientific in its application. It must be found reliable when applied to all the experiences of human life.

Jesus gave man a philosophy by which he could have peace of mind, health of body, and order in affairs. This philosophy was not one to be used merely for its great beauty. Jesus' teachings showed the way to demonstration.

Unless one's religion makes him a happier man, a healthier man, one whom his fellow men respect and love, that religion is a negative one. If the Christian is not happier and healthier than the non-Christian, what of Truth does he have to offer the one who has not accepted Christianity?

One's philosophy must show forth in his countenance or else he would do well not to mention it. The world no longer believes that a man has found the truth if that truth is not demonstrable.

If you wish to convert your friends or your family to practical Christianity, talk it less and let it speak for itself in your own life.

We have come to a time when there must be less talking about the truth . . . there must be more living the truth.—*Lessons in Truth*.

## TUESDAY, AUGUST 31

Today's Watchword: *Beholding the renewing power of Jesus Christ now at work in my mind and my body, I am renewed in every part.*

The one who holds himself to old, crystallized ideas finds that his mind and his body take on the same character. If one feels that he is bound to certain conditions of time and age, he shuts out new ideas and their regenerating work.

One must catch the vision of the new life before he can lead it; he must first in consciousness perceive himself emerging from the old life and laying hold of the new. He must see himself powerful to change his world by his change of ideas.

Beholding the renewing work of Jesus Christ in our minds, we see every crystallized idea broken up and replaced by vital ones. We see beliefs in sin, disease, and lack replaced by beliefs in good, health, and plenty.

Beholding the renewing work of Jesus Christ in our bodies, we see old tissues replaced by new ones, old cells renewed; we see ourselves literally transformed.

The renewing work of Jesus Christ is not done in part; it goes on and on until the whole body temple is regenerated and renewed.

You can make yourself a new creature, and you can build the world about you to your highest ideals.—*Christian Healing*.

## EDITORIAL

In response to a large number of requests, we are writing the daily lessons for September in the first person. This plan was carried out in May. Our stock of the May number was completely exhausted soon after the first of the month.

If you have a better cover design than the one that we are using, if you have a better idea than the handwritten messages on the back cover, a better expression than "Today's Watchword," a better arrangement of the daily lesson on the page, send it in. We are always alert and receptive to new ideas and suggestions.

The wishes of our subscribers help us, to a large extent, to establish our editorial policy. The general policy of the School must always be considered, however.

Many thanks for letters to the editor which could not be given a personal reply. Every letter receives the heartiest consideration.

Address all editorial suggestions to "Editor of Unity Daily Word."

## BOUND VOLUMES

Lessons which have appeared in Unity Daily Word will not be reprinted. However, they are available in the bound volumes.

Vol. I—July 1, 1924, to December 31, 1924.

Vol. II—January 1, 1925, to June 31, 1925.

Vol. III—July 1, 1925, to December 31, 1925.

Vol. IV—January 1, 1926, to June 31, 1926.

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Remember  
that he who  
attunes his life  
to the law of  
divine harmony  
enjoys a glorious  
existence.

Lowell Fillmore

